Scars by Cheryl Rainfield

Lesson Plan by Karen Wilson

Materials:

The book, Scars by Cheryl Rainfield

Art paper, charcoal and paints

Goals: 1. Increase coping mechanisms that do not involve self-mutilating behavior

2. Explore Kendra’s underlying issues causing her stress and pain for which she used self-mutilating as a way to cope with her abuse

Objective:

1. Establish strong, therapeutic counselor-client relationship
2. Explore alternative behaviors
3. Create mutually agreeable contract
4. Work on underlying issues

In a group setting, after obtaining permission to read the novel and of course permission to participate in a therapeutic group we would discuss the following:

1. Discuss the book
2. Discuss how Kendra founds ways to cope with stress, good and bad
3. Discuss her therapeutic relationship with her therapist. Was it helpful?
4. How did her “Art” help her to cope in a positive way
5. What was some of her ways for Kendra did Positive self-care vs. negative self-care
6. Art-Have them draw their version of what the front cover would look like
7. Brainstorm what is positive self-care vs. negative self care

Examples:

Positive self –care negative self-care

Participate in hobbies cutting

Take warm baths burning

Listen to enjoyable music self-mutilation

Read books for pleasure interference with wound healing

Take walks and exercise isolating self from others

Talk and visit with friends abuse of drugs and alcohol

Keep a journal of thoughts and ideas hitting or breaking things

Do volunteer work other behaviors such as biting nails to excess

Going out to dinner or a movie isolation